

## American Red Cross Lifeguarding and the Waterfront Skills Module

The purpose of the American Red Cross Lifeguarding and the Waterfront Skills Module course is to provide participants with the knowledge and skills needed to:

1. Prevent, recognize, and respond to aquatic emergencies in both shallow water (less than 7 feet) and deep water (7 feet or more).
2. Provide professional-level care for breathing and cardiac emergencies, injuries, and sudden illness until emergency medical service (EMS) professionals take over.
3. Prevent and respond to emergencies in non-surf, open-water areas found at public parks, resorts, summer camps, and campgrounds.

To enroll in the Lifeguarding course, you must be at least 15 years old before the last scheduled class session.

To participate in the course, you must be able to pass a pre-requisite swimming skills evaluation, which includes three parts and takes place during the first in-person session.

**Prerequisite 1:** Jump in, submerge, resurface, and swim 350 yards continuously, tread water for 2 minutes, and then swim 200 more yards. When swimming, you must keep your face in the water and demonstrate good breath control. You may swim using the front crawl, breaststroke, or a combination of both. Swimming on the back or side is not permitted. Swim goggles are allowed. When treading, you must tread water using only your legs.

**Prerequisite 2:** Complete a timed event within 1 minute and 40 seconds. Starting in the water, swim 20 yards. Your face may be in or out of the water. Swim goggles are not allowed. Surface dive (head-first or feet-first) to a depth of 7 to 10 feet to retrieve a 10-pound object. Return to the surface and swim 20 yards on your back to return to the starting point, holding the object at the surface with both hands and keeping your face at or near the surface. Swimming the distance underwater is not permitted. Exit the water without using a ladder or the steps.

**Prerequisite 3:** Complete an underwater swim. Swim goggles are not allowed. Starting in the water, swim 5 yards. Your face may be in or out of the water. Submerge, swim underwater, and retrieve three dive rings placed 5 yards apart in 4-7 feet of water. Return to the surface after picking up all three dive rings and continue to swim for another 5 yards.